

Journeys through EXPAND

**Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar
Neurological Conditions.**



Journeys Celebrates 10 year Anniversary! - Winter 2014 Issue 29



Wow, where does the time go? First and foremost, I would like to thank all of you who have been a part of Journeys, either as a instructor, colleague, care provider and most importantly a participant. Journeys wouldn't exist if it wasn't for you! I have met a lot of incredible people through this program and all of you have been my teachers'. I continue to be amazed by the stories you have shared about your journey with brain injury either to myself, in this newsletter, with our EXPAND interns who are eager to learn and/or with each other. By sharing our stories and our resources, I truly believe it helps enrich everyone's lives. All of you have been Journey's biggest marketing tool and I can't thank you enough. I hope you can continue to spread the word, because as they say "The Benefits of Recreation are Endless!" Thanks again for the last ten years and hopefully for another ten years.

To help spread the word about Journeys, and other resources in our community, the Colorado Brain Injury Program and Journeys through EXPAND are teaming up to bring you a FREE Recreation/Resource Fair on Tuesday, January 28, 1:30-5 p.m. at the North Boulder Recreation Center, Multi-purpose room. We will have approximately 6 to 8 organizations sharing their resources from 1:30 to 3:30 and between 2:30 and 5 p.m. we will have samplers of Watercolor, Hooping (new coming in February) and Therapeutic Yoga. Refreshments will be provided and you must RSVP by Tuesday, January 21st to 303-413-7269. Please leave your name and your number.

Lastly, my office has moved from the Iris Center to the North Boulder Recreation Center. So, stop by next time you are in the area to say hi and to check out my new pad.

**See Program
Insert for
Upcoming
Classes
New Hooping
Class being
Offered &
Two Free
One day
Events!**

Offered by the City of Boulder Parks and Recreation Department
www.BoulderParks-Rec.org
Program Coordinator—Cory Lasher, CTRS
303-413-7269 or lasherc@bouldercolorado.gov

Lenora Cooper's Journey with Brain Injury—by Cory Lasher, CTRS

I ran into Lenora, after not having seen her for several years, this past Memorial Day week-end. We were both at the Boulder Creek Festival. She was sharing her doTERRA oils at one of the booths. Lenora looked the best I have seen her in 6 years. I asked her why she was not attending Journey classes anymore and what was happening in her life. Her short, quick answer, since we were both very busy working that week-end was, “These oils have changed my life.” I asked her if she would be willing to share her story in the Journeys newsletter and she was thrilled. We met again and here is what I have learned about Lenora's recent discovery with doTERRA oils.

Lenora, at the age of 33, received her first of several brain injuries. Now at the age of 50, Lenora is seeing the light at the end of the tunnel. After her first brain injury, her Cognitive Therapist told her that she most likely would be unemployable because she could not consistently perform at a job. The stress and pressure of the work would be too overwhelming. However, her therapist did state that her best bet would be to own her own business someday. For 17 years, Lenora has held on to that statement. Through the years Lenora tried starting a couple of businesses, but they were not as successful as she would have liked them to be. She learned about doTERRA oils. doTERRA means “gift of earth” and are the most pure and potent essential oils available in the world. They are beyond organic and are medicinal grade essential oils. These oils help individuals on their physical, emotional, mental and spiritual levels and they go where they are needed most.

Lenora feels that these oils have supported her body in healing itself in many ways. For example, after her brain injury she struggled with hormones running amuck, i.e. hot flashes every night which kept her up hours on end, a weakened immune system and, of course, pain. After using different oils for each ailment, she no longer has hot flashes or insomnia, rarely gets sick and her pain levels have gone down too. Lenora feels empowered with her own health as she feels she can support her body in whatever arises. This makes her especially happy because she never has to find a doctor to treat her, make an appointment, wait for an appointment, go to the pharmacy and wait to get a prescription and pay for the doctor and the prescription. We all know that this is stressful for those individuals living with a brain injury. Lenora states that doTERRA oils are cheaper, safer and more effective than modern medicine because they are nature's medicine. They are even safe for babies, children and animals. There are no side effects with using essential oils, only side benefits.

Cont: Lenora Cooper's Journey with Brain Injury

Because of what Lenora has experienced through these oils, she is now making doTERRA her business. She just had her one year anniversary with doTERRA and is a team leader of over 144 people. With her brain injury, Lenora claimed that isolation, poverty and boredom were her three biggest challenges. Now, she is working with a great team and has great support. Her desire and intention is to make enough money to be off all social services by December 2014 and she is never bored.

Lenora does not claim that this will work for everyone, but she wants to give you the experience to find out what you notice and if the oils feel good to you. Who knows, maybe you will be inspired and want to be an independent product consultant as well. Lenora is willing to provide a 1.5 hour session FREE through Journeys. During the class we will learn about the doTERRA essential oils and make a product together. At the end of class you will receive a free 5ml wild orange oil and a magazine with information and recipes. Lenora says there is oil for everything! In fact, Frankincense is an oil that actually crosses the blood brain barrier and has been shown to reduce seizures. Imagine that! However, Lenora did admit that she has not found an oil that works for her messy house.

Please see the Journeys Program Flyer for the Lunch and Learn session to learn more about doTERRA oils. You must RSVP no later than February 13 to Cory at 303-413-7269 or lasherc@bouldercolorado.gov to attend. Please leave your name and number. For additional information, you can call Lenora directly at 720-515-6569 or email her at lleecc1@gmail.com.

**If you would like to share
your story, please contact
Cory at 303-413-7269
or
lasherc@bouldercolorado.gov**



Boulder Parks and Recreation
Cory Lasher, CTRS
3198 N. Broadway
Boulder, CO 80304

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

Word-of-Mouth is the Best Advertising

- **WHO DO YOU KNOW . . .**
who has an MTBI and would like to benefit from these programs?
- **WHO DO YOU KNOW . . .**
who would like to learn more about these programs and give their financial support?
- **WHO DO YOU KNOW . . .**
who could help us brainstorm various fundraising ideas?
- **WHO DO YOU KNOW . . .**
who has access to free or reduced-priced tickets for Sports Events, Concerts, Play, The Theater, Dance?
- **WHO DO YOU KNOW . . .**
who may want to sponsor a canoe and/or river raft trip, hiking excursion, or hut trip?

**If everyone spreads the word about
Journeys you can give this program the support it deserves.**